



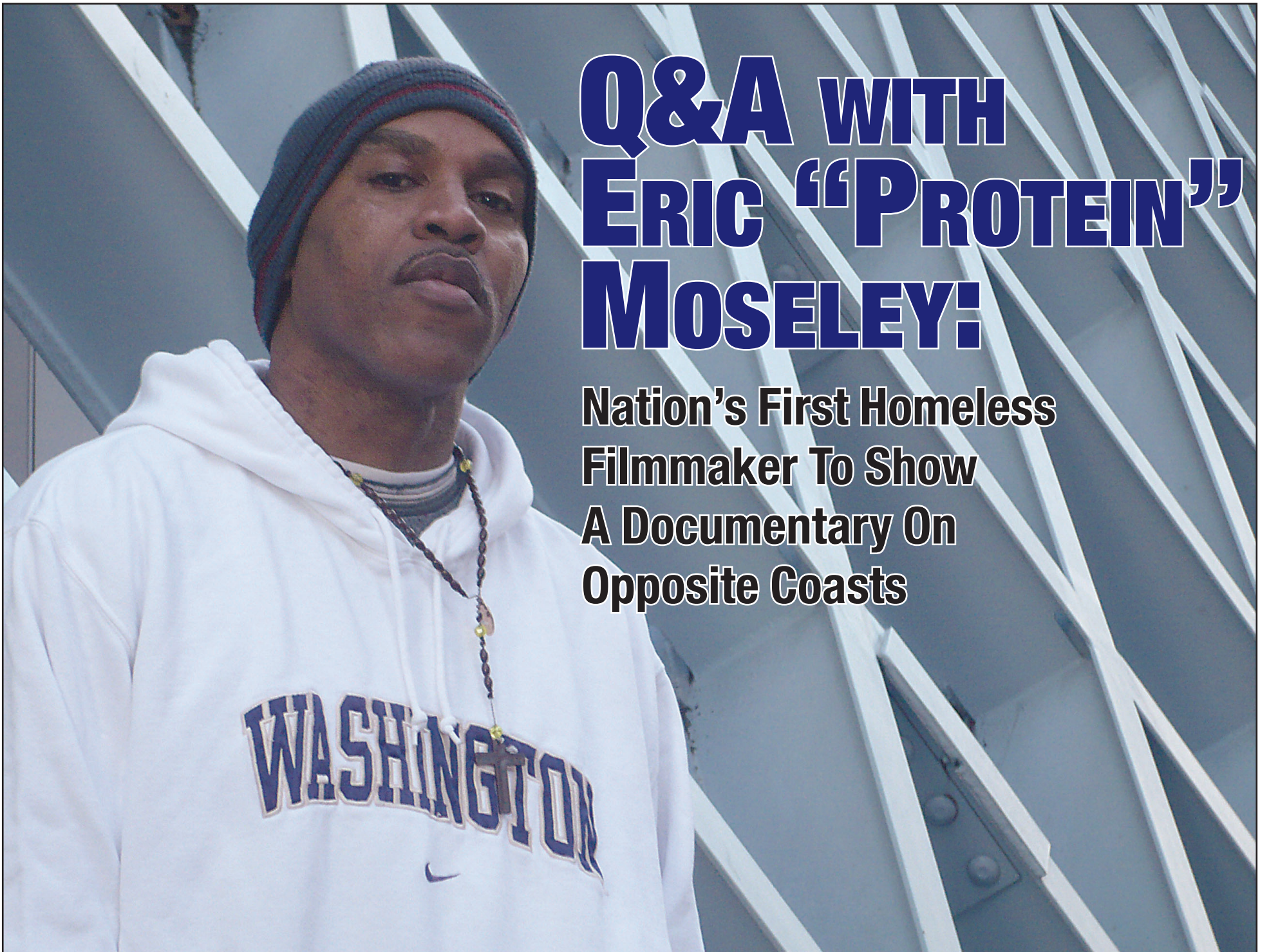
Helping People Help Themselves

January 14 - January 27, 2010

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SPARE CHANGE

NEWS



Q&A WITH ERIC "PROTEIN" MOSELEY:

Nation's First Homeless
Filmmaker To Show
A Documentary On
Opposite Coasts

**BARBARA
JEAN LANUM:**
A Remembrance

- page 3

MAKING AN IMPACT:
Cambridge Residents and
Students Help Build School
in Cambodia

- page 5

GOLDFINGER:
In The Line Of Fire

- page 10

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Political Pieces Assemble a Teenager

Vesna Peric Zimonjic

Inter Press Service

Mila looks like the thousands of teenage girls who visit the newly-opened, glamorous shopping mall in downtown Sarajevo. She's discreetly dressed in black trousers and jacket, with carefully manicured fingernails. The 19-year-old's name means "sweet" or "kind." The name is in harmony with her enchanting smile.

Mila has coloured her hair recently. But, unlike the fashionable trend, her hair is not blonde. She dyed it dark brown — close to her natural colour. With blonde hair, she tells IPS, "people recognised me in the street. Now they don't recognise me, don't approach me, or ask annoying questions."

Two years ago, Mila's life changed forever when she discovered that everything she knew about herself and about the world was wrong. Even her name was false — she was born with a typical Bosniak Muslim name: Senida Becirovic.

Since the age of six, Mila believed that she had been adopted by a well-off, elderly couple, the Jankovics, whose two sons had died in a car crash. Mila's childhood was comfortable in the Belgrade suburb Banovo Brdo, "with seaside holidays and chocolate whenever I wanted."

Mila was raised as a Serb. At age 13, she wanted to be baptised.

"But the Jankovics said I should wait until age 18 to decide," she said. Because they knew she was born in eastern Bosnia, "they presumed I was a Muslim."

Several years ago, the Jankovics transferred Mila to a well-known foster home in the northern Serbian town Novi Sad. The couple, then in their early 70s, could not cope with raising a teenager — a decision that Mila understood. She said she is grateful for the years she spent living with them.

"But everything shattered when a social worker in Novi Sad asked me to give my DNA," Mila remembered.

"After a few weeks, she told me I had a father



PHOTO / IPS

named Muhamed Becirovic, who lived in Germany and was coming to see me," she said. He visited his daughter on May 1, 2008.

"He told me who I was and that my real name was Senida. At that moment, I just wanted to die."

Through her father and social workers in Novi Sad, Mila learned that she was from the eastern Bosnian Muslim village Ceparde, that was overrun by Serbs in April 1992.

During the raid, a Serb soldier had come across Mila, a nine-month-old baby crying loudly. Feeling sorry for the infant, the soldier brought her to his mother, whose friends gave the baby to a Serbian orphanage, where the Jankovics found her. The soldier died in the war months after saving Mila's life.

Dozens of people were killed and dozens are still missing from the village, including Mila's mother and sister.

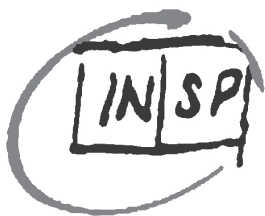
Muhamed Becirovic, Mila's father, was not in Ceparde during the invasion. After the war ended, he provided a blood sample for the central database in Bosnia. Such data is usually matched with DNA from remains in mass graves all around the country.

The Institute for Missing Persons in Bosnia lists some 2,000 names of children still missing from the war. "About half of them were identified in mass graves," said Lejla Cengic, a spokesperson from the Institute.

continued on next page



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Vision & Mission

Spare Change News was founded in 1992 by a group of homeless people and a member of Boston Jobs with Peace. *Spare Change* is published by the nonprofit organization The Homeless Empowerment Project (HEP).

SPARE CHANGE'S GOAL:

"To present, by our own example, that homeless and economically disadvantaged people, with the proper resources, empowerment, opportunity, and encouragement are capable of creating change for ourselves in society."

HEP'S OBJECTIVES:

To empower the economically disadvantaged in Greater Boston through self-employment, skill development and self-expression. To create forums, including those of independent media in order to reshape public perception of poverty and homelessness.

“A Remembrance of Barbara Jean Lanum”

Liam Cunningham
Spare Change News

An admirable member of the community was lost on December 16th, when Barbara Jean Lanum passed away unexpectedly at her home in Medford. Loved and respected by many, Lanum was an individual who overcame hardships and adversity in her own life and became an extremely skilled program director at “Moving Up,” a program that is part of the advocacy organization “Solutions at Work.” From this position, Lanum devoted her life to helping others struggling with the same issues she herself once grappled with. Lanum was loved and respected as an employee, boss, friend, mother, and grandmother.

Solutions at Work is an organization based in Cambridge aimed at assisting members of the community who are struggling, especially homeless citizens. According to the Solutions at Work website, the organization’s central mission is “to empower people who have experienced homelessness to work together in defining the problems faced while homeless and to partner with other members of the community to develop and implement solutions to these problems.” Solutions at Work provides five programs all with different areas of focus working towards this primary objective. “Moving Up,” which Barbara Lanum was program director of for several years, is one of these programs.

“Moving Up” provides low cost moving services to anyone in transition or in need. During her time working as a part of Solutions at Work and directing “Moving Up,” Lanum was a passionate and relentless worker who was driven by the desire to help others. In speaking with many of the people who Lanum impacted, the massive scope of her caring and charismatic persona became obvious. I personally did not know Barbara Lanum. The things she did and the lives she touched is a picture best illustrated through the words



of those who did develop close relationships with her prior to her tragic death.

Macy DeLong (Founder, Executive Director of Solutions at Work):

“I hired Barbara, and she came to Solutions at Work while homeless. She quickly stepped into a responsible role as a staff member running “Moving Up.” One of her key roles was to recruit and mentor drivers and movers. She was a wonderful mentor. She had been through so much in her life, that when it came to supporting others, she was stellar. From my own perspective, from our interactions, she taught me how to be a good boss and helped me through some difficult emotional situations of my own.”

Rosemary McCrudden
(Chief Operating Officer of Solutions at Work):

“She was manager of the Moving Up program. I was her boss for a year and a half. She had been managing the program for four years when I came in. My job is to pay the bills and deal with insurance issues. She dealt with the clients and crew. I supported her efforts.

As a worker and colleague, she was great. She was very dedicated and devoted. She was kind of a Mother Hen figure to the crew. She loved those guys. She worried about them and defended them. In dealing with clients, she interacted with all kinds of people, often difficult people. I used to sit and listen to her field phone calls where I would have lost it. But she was as gracious and understanding to someone who was difficult as to someone who was very appreciative.

It was so much fun to work with her. She could make you laugh in a grim situation. She knew how to put a positive spin on things. Her smile could light up the room. She worked through all kinds of personal pain. She was here, always available to her crew. If there was an emergency move, she was always there for those people.”

Alice Kidder
(Board President of Solutions at Work):

“I am the Chair of the Board of Solutions at Work and in that capacity I had a lot of interaction with Barbara. She was always very competent and

dedicated to the organization. It speaks well of our staff that they put a lot of themselves into their organization. She gave us 110 percent. She was always looking for ways to expand “Moving Up” which is the moving program that she headed up. She made contacts with dozens and dozens of human service agencies which used our services.

She was keenly aware that we needed to fund the projects through the fees that we charged. She developed good relationships with organizations so that would happen. The success of the organization is an important measure of Barbara’s achievements. She was very helpful to me when we needed information about the program. She supported us in our other efforts in helping to move things with the clothing exchange, and other small things.

It just showed how eager she was to support the organization. She had a real talent for management. She developed her staff in remarkable ways so now that were carrying on with people she developed and we are very proud of that.”

Harvey Soolman (Former book keeper of Solutions at Work):

“I met her when she first came to work for Solutions. I work in the Ballet studio in the church building. I worked with her for a few months. I really got to know her after I stopped working there. I would go into her office and talk to her a lot. She would tell me things about her life. She went through some very hard things. There was a very apparent hard exterior to her with the tattoos, long hair, jeans, rough voice ... but as a person, underneath she was really a softy, really a sweet heart. To a great extent there was a young girl there. She was just a really sweet person, and very honest.

She was one of the most honest people I have ever met. Very dedicated to her job and so loyal to the people who worked for her. I got to know her and her family. I spent Christmas 2009 with

CUNNINGHAM continued on page 12

continued from previous page

“Half are still missing, and Mila/Senida is the only one that has been found alive.”

Mila says she is haunted by the complexity of her past. She moved in with her mother’s sister, Mejra Hasic, and her family in Sarajevo after learning of her true identity.

“It was only when I came (to Sarajevo) that I learned about the brutality of the war,” Mila told IPS.

“There are people whose stories are much worse than mine,” she said. “I blame the Serbs as they left me without my mother and sister. But I was raised by two people who gave me their best and they are Serbs and I’m happy to know them.”

“People are either good or bad. There is nothing else,” she added.

Mila is about to graduate from high school and plans to go to college. But, she said, she is still adjusting to her new life.

“I still have to get used to everything. In January, it will be two years since I’ve been in Sarajevo and I feel like half of me is here and half of me still with Jankovics,” Mila said.

“I was like a puzzle for months when I learned who I was ... a piece here, a piece there, not knowing all the parts of your life.”

However, there is one certainty in Mila’s life: a desire to learn what happened to her mother and sister. “After my own experience, I live in uncertain-

ty, waiting every day to learn whether they’re alive or not.”

In the meantime, after a barrage of publicity from a series of articles and a documentary film about her life, Mila decided to change her hairstyle and dress herself in black “as if to be invisible.”

“I can no longer stand odd questions,” she said. “I want to be left in peace for a while.”

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Q&A with Eric “Protein” Moseley;

Nation’s first homeless filmmaker to show a documentary on opposite coasts

Chalkey Horenstein
Spare Change News

This week, Chalkey Horenstein of Spare Change News interviewed Eric “Protein” Moseley. Moseley has been critically acclaimed in Los Angeles as the nation’s first homeless filmmaker to show a documentary on opposite coasts: once in South Carolina and once in California. Moseley was born in Detroit, but has also lived in Los Angeles, San Diego, Seattle, Kingstree, Houston, Tallahassee, New Orleans, Miami, New York, Columbia and Myrtle Beach. He has filmed three documentaries to date: “Skid Row Journey,” “I’m Down, But Not Out,” “A Cry Out To Obama.” He is currently working on his fourth production, filming in Seattle, Washington.

Chalkey Horenstein: For those who don’t know who you are, tell us about yourself! Who you are, and where you came from.

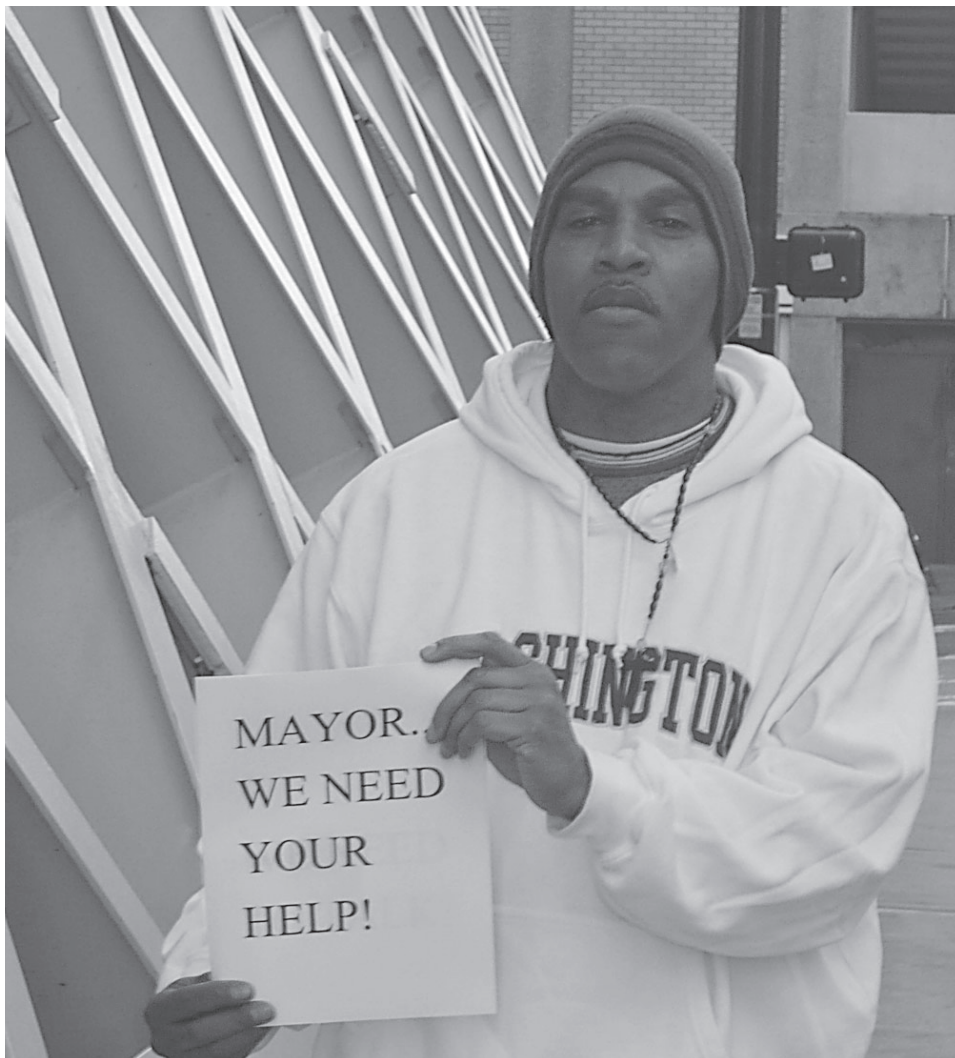
Eric “Protein” Moseley: My name is Eric Moseley. I grew up in the city of Detroit, MI at the age of 2, and afterwards I moved to California. My mom and dad divorced and I moved back to Detroit and lived with my mother and grandfather. There, my mom had a nervous breakdown and my grandfather died, so I joined gangs for a support system and dropped out of school. I became a father, and was then on drugs real bad. I started picking up all types of bad things, and I did that for a lot of years. I then had a daughter with another girl, and we [my daughter and I] moved to try and find a better way life. I wanted to escape drug abuse, but it was everywhere I went. All the time I was getting high, I knew I had some quality in me to entertain. I always wanted to be a journalist and bring people the news around town.

Eventually after traveling to all these cities, I just quit. I knew it wasn’t the right thing to be doing, and I had a daughter with me.

CH: Describe how you got the name “Protein.”

EPM: I was working out at athletic facilities, and someone just decided to start calling me Protein, and then it stuck. And on the streets, you don’t want everyone knowing your real name, so eventually I started calling myself Protein. If you ask nine out of ten people on the streets, only one person out of ten will give you their real name.

CH: Does the name have any significance to



how you identify yourself?

EPM: Yes. It describes me because it’s something everyone needs, and something that’s not going away.

CH: How did you first get interested in filmmaking? How did you get your equipment?

EPM: When I was on General Assistance in Los Angeles, I saved my checks for two months to purchase my first camera, a Hi 8 video camera. L.A. was the first place that I started recording. I always kept my camera by my side, except when I went to Beverly Hills.

My filmmaking began when I saw all of the reality shows come out. Reality television came out, and I used to sit and watch it, and I used to think that I could do a reality show. People always used to ask me what I’d do it about, and I knew that the thing I knew the most about was homelessness. So I decided I wanted to do a reality show about homelessness. I started filming with Jessie D from the Force MD’s (they were a big recording group in the ‘80s). So I got out there and started filming, and after that, all I had was a bunch of footage. So I left Los Angeles and went to New York to reunite with my daughter (while filming “Skid Row Journey”). I went back

to South Carolina, and a friend named LIFE and I filmed it as though it was a dream. That’s when I got the documentary edited in Myrtle Beach by Rodney Lee. That’s when I got to South Carolina educational television, and they watched the documentary.

E-TV from South Carolina then come to me and decided we were going to film “I’m Down, but Not Out.”

CH: “As though it was a dream?” Tell me more about “Skid Row Journey”, and your second film “Down, but not Out”

EPM: “Skid Row Journey” is a documentary where I take on a journey in South Carolina to Los Angeles to New York back to South Carolina. It’s like an illusion; it’s real footage of people suffering from hardcore crack addictions and illness, people from the wayside, at the end it leaves you wondering if this is dream or reality. It shows hardcore conditions of homelessness. It then comes back to South Carolina where it’s like I wake up from a dream, but it was all real.

“I’m Down, But Not Out” was one I co-produced with Dave Adams. It was a day of following me around to shelters and soup lines and speaking to people on the streets to show what homeless-

ness is like. When it aired in South Carolina, it also aired in California — and it was there that I became the first homeless filmmaker to have a film shown on opposite coasts.

CH: How did you eventually escape Skid Row? When did your homelessness end?

EPM: My Skid Row journey will somehow last forever. People always ask me when my homelessness will end for good, and I tell them, “When the wheels fall off the wagon, baby.”

But while I was on Skid Row, I landed a job at a culinary staffing agency. I was living a double life, living on Skid Row from hotel to hotel, from shelter to shelter. While working with the agency, I became a requested waiter for one of the top resort country clubs in Beverly Hills, called Hill Crest Resort. I was then able to save my money and reunite with my daughter in New York.

CH: You told me before the interview that you’re filming something new. Could you describe the film you’re working on now?

EPM: I am in Seattle, Washington, and I’m filming a documentary called “A 24 Hour Challenge To Mayor Mike McGinn,” [Mayor of Seattle]. This documentary is not going to have him in it unless he wants to be, but it’s a challenge to him to spend 24 hours on the streets to see the meaning of “homeless.” I believe if you don’t experience something for 24 hours, you have no insight on what this really is, unless someone tells you about it. And that’s not even equivalent of first hand experience.

It’s more so directed to the Mayor, challenging him to come out. It’s showing all people in the Seattle area what homelessness is like, but it’s a direct call to him.

I’d like to make a statewide sweep to others of the limelife, asking others to do a 24-hour challenge. Possibly Shaq — he always used to pass out toys to kids out of a semi truck. He’s got some passion for the homeless.

CH: How has being homeless affected your work as a filmmaker? How has your identity as a homeless person changed as one?

EPM: I’m never going to forget where I came from, and where I’ve been. Being homeless myself kind of had an impact on my filmmaking. It made me humble. I could find out who I really am. On drugs, it took me down to a level of low life where you’re not really better than anyone else. Being homeless brought

HORENSTEIN continued on page 12

Making an Impact:

Cambridge Residents and Students Help Build School in Cambodia

Robert Sondak
Spare Change News

A group of Cambridge public school students, teachers, parents, businesses and residents raised \$24,000 between October 2007 and June 2008 to build a school in rural Cambodia.

The February 2010 dedication of the Cambridge Schools in Cambodia Project school in rural Kauk Rovieng marked the end of three years of fundraising and planning. The school was built, complete with two computers and three solar panels for energy.

According to the Cambridge Schools in Cambodia Project website, children worked diligently to raise the funds from after-school jobs and clothing and community sales. These funds were allocated towards construction of the five-room school, which was built in cooperation with American Assistance for Cambodia, an Asian non-profit organization. This is the 405th school constructed by American Assistance for Cambodia's Rural Schools Project. Currently, the school is run by the Cambodian Ministry of Education.

After the construction was complete, eight Cambridge students were invited to do a service learning project by organizing a field trip over February vacation week to attend the school's 2010 dedication. These students were led by six people from Cambridge Rindge and Latin High School, along with two middle-school students. These students worked together with a group of thirty Cambridge businesses to raise the additional \$18,000 dollars for the one-week trip.

According to their Web site, the Cambridge Schools in Cambodia Project began in 2007 at the Haggerty School, a public school in West Cambridge, as part of the Global Awareness Peace Project. This peace project was organized by the Arts Council and parents Heather Faris and Erika Wentworth. This project spread to other public and private schools and local universities including Harvard, MIT and Tufts.

The CSCP partnered with American

Assistance for Cambodia to help spearhead education growth and increase the literacy rate for people over age 15, and also to deter human trafficking. The United States and Cambodia have had a long history dating back to the Vietnam war, during which the country of Cambodia was socially and economically devastated.

Heather Faris, co-founder of the project, elaborated about their goals.

"This project emphasized how children in other parts of the world live," said Faris. "This experience provides our students with a better understanding of other cultures."

Faris pointed out that Cambridge students played a major role even from the beginning.

"A lot of Cambridge children contributed money," said Faris. "They contributed hundreds of nickels, dimes and quarters, money from allowances, and contributed funds from after-school jobs."

The Cambridge Schools in Cambodia Project website highlighted that private school students from the Shady Hill and Buckingham and Brown & Nichols schools also supported the project.

"We received donations from public and private school students statewide," said Faris. "These young people were very interested in our work."

According to Faris, the dedication of students helped to build partnerships. Businesses such as the Elephant Walk restaurant featured three fundraising dinners for the Cambridge Schools in Cambodia Project from 2008 through 2010. These dinners were sponsored for the initial school construction as well as the field trip.

"The Elephant Walk was very supportive of the project," said Faris.

Faris described how local businesses helped contribute to the project. "We had an online auction in which businesses donated either products or services for individuals to bid on. Corporation participation included computer services, sporting goods and food.

"We were able to raise \$5,000 from our on-line auction," said Faris.



Faris mentioned that fundraising is ongoing to pay annual Internet fees and to pay the salary of an English-speaking high-tech teacher. Additionally, American Assistance for Cambodia is working with CSCP to pay Cambodian families to send young girls to the school. These girls would not otherwise have the opportunity to attend school because they are working full time to provide income for their families.

"Future goals are to continue to raise funds to pay for the special teacher," said Faris, who also talked about another student trip to visit the school in Cambodia. "We would like for our high school students to make a second trip."

Faris also highlighted the computers the project was able to purchase for the Cambodian students.

"We have purchased two additional computers," said Faris. "They have just been delivered."

For more information about the Cambridge Schools in Cambodia Project, or to make a donation, visit <http://www.cambcamb.org/>

Local FOI Request Draws Federal Jail Threat

Laurie Bowen
Spare Change News

In November of 2010, the federal government emailed Michael Morisy with a very clear message: fail to take down the information posted on your website and face major fines, or even jail time. Morisy, aware of the seriousness of their intentions, respectfully declined. The site, muckrock.com, was created as a tool to help citizens access information through Freedom of Information laws. Michael Morisy obtained the documents in question legally from the Department of Transitional Assistance. He maintains that he is allowed to publish them. As of the first of this year, the documents remain posted on the Freedom of Information Requests section of muckrock.com.

According to Michael Morisy, who is also a board member of the Homeless Empowerment Project which publishes Spare Change News, “all 50 states and the federal government have laws that dictate how citizens can request government documents that show how their government works, but most people don’t know about this, let alone know how to go about filing these requests.” At muckrock.com, you can get all the help you need with any step in the process. They suggest wording and give ideas about what kind of information you can request. They also provide hundreds of examples to build off of, and they file your request for you and pressure the government to follow through with a response.

Recently citizens have requested information about things like enforcement of immigration laws in their towns and distribution of parking tickets in specific neighborhoods. Sometimes the information is hard to come by, but the results can be very telling. The public records system helps citizens put pressure on public organizations to be fair and honest in their practices. If anyone can request that documents be made public at any given time and the law requires that their request be acknowledged within 10 days, that is every incentive to constantly make sure there is nothing to hide.

So what exactly does the federal government want Michael Morisy to hide?



It is only a list of all the retailers who have received SNAP (Supplemental Nutrition Assistance Program) reimbursement in the past several years. There is no personal information listed about any of the citizens who have used food stamps, though the address of each store or program is included. It is not entirely clear why this information is sensitive enough to warrant threats of fines and even jail time.

As Michael Morisy states, “It has been upheld time and time again that government has zero right in barring the press from publishing legally obtained information.” He acknowledges that “some records are rightly sealed from the public” Social security numbers, medical records, and personal information about individuals certainly qualify, as well as details of military plans or documents that are potentially harmful. “The general consensus,” he says, “from our readership at least, is that [the SNAP data] is exactly the kind ... that should be public for reasons not only of accountability but also academic study.” Seeing where people spend their food stamps laid

out in an organized fashion is certainly interesting.

Keeping track of the nutrition your body needs can be tough. Getting the right nutrients is especially important for the homeless in order to avoid getting sick and to stay strong in the elements. It is not an easy task, but you can maintain a balanced diet whenever possible, even with little means.

Whenever possible, it is important to eat a wide variety of foods in the major groups. This includes whole grains like brown rice, whole wheat bread, or whole grain cereal. Also vegetables: especially dark green and orange vegetables, or beans and peas. Finally, it’s important to remember dairy products like milk, cheese, and yogurt, as well as protein found mostly in lean meats and beans.

The most recent estimate of people who are undernourished in the world was put together this past October by the Food and Agriculture Organization. According to their resources, 925 million human beings do not have the basic nutrition they need. If you are fortunate enough to have access to the things you

need, just make sure to maintain good variety! Local convenience stores such as CVS and 7-11 sometimes carry fresh fruits and vegetables. Produce is usually the least expensive at grocery stores. Apples, bananas, berries, citrus fruits and 100% fruit juices can be purchased with food stamps at a local supermarket or convenience store. In addition, many shelters and soup kitchens provide well-rounded meals. According to Susan Miskell, The Pine Street Inn provides healthy meals to people who stay in the shelter facilities. A nutritionist reviews the menus to ensure a balanced meal is provided. Dinner is always accompanied by a vegetable, and fruit is served when available through kind sponsorship or donations. If you would like to make a food donation to the Pine Street Inn, you can organize a food drive and drop off your collection at the loading dock of Pine Street’s Ninety Nine Food Service and Job Training building on Paul Sullivan Way in Boston’s South End from 6:30 a.m. to 6:30 p.m., seven days a week. For a list of their most urgently needed items, please visit Pinestreetinn.org.

Bringing In The Cheer:

How Two of Boston's Homeless Shelters Celebrated The Holidays

Beatrice Bell
Spare Change News

This Christmas Spare Change writer and vendor Beatrice Bell visited the Pine Street Inn Women's Inn and Rosie's Place to see how they were celebrating the holidays. Her experience at each shelter is listed below.

PINE STREET INN WOMEN'S INN

That's the perfect phrase for Pine Street Inn Women's Inn on Christmas Day. They totally rocked the roof off the house. I got to the Women's Inn at 8:30am so that I wouldn't miss anything that happened. I'm glad I showed up early. I asked Kathy Green who's the head of the shelter if she would take some pictures for me because somebody stole my camera that I'd bought to take pictures of me and my friends at the Women's Inn. I explained to her that I couldn't take pictures of the guests but if she could take some pictures and let me have one for this article that I'd truly be grateful for her help. Kathy took lots of pictures while I was participating and joining the ladies for fun.

I have no clue if they had a set agenda or not but things went along as follows for the day. 9 – 9:45am Peggy played the piano while me, Maryanne, Miss Perry, Peter and some guests sang songs. Peggy is the former Women's Inn Advocates Supervisor, Maryanne is a co-worker of Kathy Green's, and she works at Boston Medical Center, and Peter was the official DJ for the holiday parties (Thanksgiving, Christmas, etc.). We sang, Go Tell It On The Mountain, Jingle Bells, The First Noel, Away In A Manger, Silent Night, Santa Claus Is Coming To Town, White Christmas, Angels We Have Heard On High, and Oh Come All Ye' Faithful. Peggy played the songs more than once.

10 – Noon Peter rocked the house. He started with a rock and roll version of Rudolph The Red Nosed Reindeer and everybody was more than happy to sing or hum the song along with him. He then sang Silver Bells with Elvis and Hark! The Herald Angels Sing.

Peter then started playing Celebrate, by Kool & The Gang for the Limbo Dance. He also played Michael Buble's, I Just Haven't Met You Yet for the Limbo Dance. It was total fun from 10 – Noon because of Peter.

When Peter played Sway, that's when about 2/3rd's of the women started dancing. Even the volunteers got up to dance. We not only danced to that but we also danced to Sugar, by The Archie's and The Beatles's Greatest Hits – Goodbye, Baby You Can Drive My Car, Listen, Twist and Shout, We Can Work It Out, and Lose That Girl. We took a short break, then he played YMCA, by The Village People, Twist by Chubby Checker, and Make Me Wanna Shout.

One of the elderly ladies got up to dance with her walker after we did The Conga, by Miami Sound Machine. She had fun dancing with her walker to La Bamba by Ricky Valens. We cheered for her the whole time she was dancing.

Instead of ending the day with The Macarena like



PHOTO / KATHY GREEN

we ladies were used to; Peter sang You Raise Me Up, with Josh Groban on the karaoke machine, which was connected to his IPOD from what I could tell. We ladies had fun doing the ChaCha to Sway, and partially during the Conga line but Peter was the real reason why we had tons of fun for the day.

Noon – 1pm things slowed down and Kathy Green introduced Maryanne to everybody. Maryanne sang the meal prayer once, and then we joined her for the second time around. It sounds like Edelweiss when you sing it.

For Christmas dinner they served cranberry juice, rolls with butter, fruit salad (cantaloupe, honeydew, pineapple, grapes and oranges), baked chicken, rice pilaf, vegetables, tea, hot cocoa, coffee and water and they had chocolate cake for dessert.

CHRISTMAS AT ROSIE'S PLACE

Between Pine Street Inn and Rosie's Place I was surprised to find out that Rosie's Christmas was so shockingly lacking in SPIRIT. Pine Street was jumpin' like crazy, but Rosie's Place wasn't even close. When I got there at 1:30pm everything seemed to be dead. I thought I missed all the fun, but when I talked to the guests I found out that all the fun happened days before. They had Dane Vannatter sing for them on December 23, 2010, in the days before Dane, The Boston University Choral Society (12/11/10), En Chords (12/12/10), and the Boston Conservatory Cabaret Group (12/13/10). What I saw was what I got for Christmas at Rosie's, and that encompassed play-

ing Christmas music on the stereo.

A gingerbread house was donated by The Salem Country Club, and I ate some scallops after I unwrapped the bacon from around them. I couldn't eat the crab cakes because they had something spicy in them, but I did enjoy the watermelon and grapes I had asked for. They had a fruit salad which consisted of watermelon, cantaloupe, honeydew and grapes. The watermelon and grapes were enough of a fruit salad to keep me happy.

Rosie's Place didn't have anything fun to do like when I was at Pine Street Inn, but they did have something that Pine Street Inn could have used.... Warm apple pie with Vanilla ice cream. Rosie's Place kept things traditional with their dinner. They had turkey, stuffing, mashed potatoes with gravy and cranberry sauce. Breaking free from the traditional meal, they added baby carrots and broccoli along with coffee, tea, hot chocolate, apple cider and juice. I enjoyed being at Rosie's Place because it made me slow down with all the quietness and calmness that they exuded from beginning to end.

I left at 3:30pm because of the lack of SPIRIT at Rosie's Place. I thought that they would have something jumpin' for the ladies who came there, whether or not they were homeless. Pine Street Inn had tons of fun for all the ladies who were there homed and homeless alike. At Rosie's Place, it was the same agenda, just like any other day with the exception being no services were available today.

The Midday Sleep of Reason

Rusty Barns

Sleeping at noon in our bedroom,
the sunlight hooks my eyelids,

gently tugs me out of my dream
to consider your face;

the gentle curve of your neck,
a pulsing artery there, just there,

that small depression, the throat's cup,
two slim cartilage lines, a prop of pale skin,

spray of pale freckles at the barest edge
of your breasts. Love, when I consider

what we know when we awake,
the way sunlight plays at wonder—

the new breath of coffee in the air,
thump of a pileated woodpecker—

the whole humming song of you
comes into focus; I feel like Adam,

how happy he was to look into Eve's eyes,
at the hand from which he would receive

what he hadn't even known she possessed,
the only thing he had ever truly wanted.

It Doesn't Matter

Rusty Barns

It doesn't matter if we all die.
We're afraid to admit this,
that green-earth and blue-sky
would get on just fine without
us and perhaps even better, that
all the sane animals would revel in
their discovered instincts and
finally drop themselves back into
the great black bowl of the universe
without rancor or fear.

The way death comes to humans,
now that's another thing.
What animals know we resent
and when lemmings gather
for the final cliff-leap (as
we know now they do not) the
things they think at their
not-gathering are close to
what we think: is there enough
food? do I have somewhere
to sleep? Will there be someone
to reproduce with?

It doesn't have to be difficult.
But we can think of so many ways
to overcome our instincts; we
need most of those ways to live
in community, but just once I'd like
to see us behave the way we believe
animals do: slink to our dens all
wounded and snarling and just die.
Enough of the fanfare already.
In their secret hearts the animals
no doubt laugh at us. And who
could blame them?

Autumnal

Rusty Barns

Green and gold, the way the light plays off the leaves.
Early autumn, hot—we've come from church.
We are in the water at the base of the Little Falls,
the cabin door open, your battery-operated boombox
blasting out Van Morrison, a water snake swims
panicked from our midst, you jump into my lap,
bang your arm against the rock and swear; the bruise
blooms quickly; I kiss your skin dry.

Later we climb the slick rocks of the Little Falls,
leave the fire behind in the dead-star night,
climb to the rocks of the Big Falls a mile up
the creek—your father will be expecting your
foot-sound soon—He drinks Schlitz by the door,
watches Carson after he's finished washing clothes.
If we could see through the trees and the hill we could
Watch him pop another can and wish for a wife.

Fading sound of an engine.
Slither of your jeans zipper.
Mossy smell of your hair in the crook of my elbow.
No sky is endless but the one before us.
We know there's no heaven, but wish anyway as we look up.
You hold your breath at every twig-crack.
We are naked on the rocks in the woods in Mosherville, PA
Waiting for God to show before your father does.

PHOTO / REUTERS RICKEY ROGERS



Poems may be submitted to: Marc D. Goldfinger,
76 Unity Ave. Belmont MA, 02478

or email: sparechangepoetry@gmail.com. SCN cannot return poetry
submissions, and authors will be contacted only if their poems are published.

Every Thursday
Squawk Coffeehouse, 9 pm
1555 Mass Ave., Cambridge
Open mike for poets and musicians.

Every Saturday
Out of the Blue Gallery, 8 pm
106 Prospect St., Cambridge
\$3-5 suggested donation.
671- 354-5287

Every Sunday
Lizard Lounge Poetry Slam, 7 pm
1667 Mass. Ave., Cambridge
\$5. 671- 547-0759

Every Monday
Out of the Blue Gallery, 8 pm
106 Prospect St., Cambridge
\$4 suggested donation.
617-354-5287

Every Wednesday
Boston Poetry Slam, 8 pm
Cantab Lounge, 738 Mass. Ave.,
Cambridge
\$3. 21+. 617-354-2685

Second Thursday of Every Month
Tapestry of Voices, 6:30 pm
Borders, 10 School St., Boston
Free. 617-557-7188

Second Tuesday of Every Month
Newton Free Library, 7 pm
330 Homer St. 617-796-1360

Third Saturday of Every Month
Boston Haiku Society meeting,
2-6 pm
Kaji Aso Studio,
40 St. Stephen St., Boston
\$3. 617-247-1719

Poetry event listings may be
submitted to
sceditor@homelessempowerment.org



Jacques Fleury
Spare Change News

Gulp Fiction

The bells and whistles of Christmas are but a distant memory; the holiday dramas are now over and a New Year has dawned upon us, perched like a proud and hopeful eagle, as we begin to make the often provisional promises to ourselves for the New Year. However, I know that I have made promises to myself in the past that I was unable to keep and I'm almost certain that you too will succumb to a similar fate. But I am not necessarily here to simply tell you that the building blocks of your New Year resolutions are doomed to collapse, I just want to emphasize some key strategies about how you can be more methodical and realistic about them; thus minimizing the possibility of failure and ensuring a greater degree of success.

The faltering economy will most likely affect New Year resolutions in 2011. Surfeits of people fell victim to the unsteady economy and lost their jobs and homes. No one was impervious to the dark claws of economic scarcity. Even the Television show "Inside Edition" profiled a lawyer who went from litigating in the courtroom to cleaning the bathroom by taking a job as a housekeeper; proving that — as I've always known — anyone can succumb to hardship and essentially become jobless and/or homeless at any given time no matter what their circumstances.

December 21st marked the National Homeless Persons' Memorial Day, a fact that I just recently became aware of and which I'm certain that most people don't even know about. I long for the day when we won't need a day set aside to commemorate the homeless because they'll all be housed. Nevertheless, there is good news about homelessness in Massachusetts. During the 31st Annual Homeless Census on Dec. 6th, Jim Greene, director of the city's Emergency Shelter Commission went around town counting the city's homeless. "City and the U.S. Department of Housing and Urban Development (HUD) figures released on [Dec. 21st] show a 30 percent decrease in homelessness in the past five years," writes Justin A. Rice of the Boston Metro. He goes on to say that, "The number of chronically homeless people has decreased 25 percent, which officials attribute to the city's efforts

to permanently house the homeless." Hence for those that are still homeless, their New Year resolution will probably be to become permanently housed, and to them I say I find that prayer and perseverance is the cure to all barriers, so keep pushing through until you have a breakthrough.

Another omnipresent New Year resolution that can be equally as pressing for some as the homeless finding housing is: losing weight. Most of you probably have this at the top of your list. I know I do. For those of us who are overweight, reaching this goal may mean more than mere words can express. I mean, who wouldn't like to get rid of those love handles that we find not so "lovable" anymore because they are waging a war against our waist lines and yes to some extent, our love lives as well. Our weight can be perceived as the factor getting in the way of us feeling good about our bodies and more importantly about ourselves as individuals. Our fat can be perceived as eroding our self confidence and staining our auras. So what are we doing wrong when it comes to achieving this seemingly realistic goal to lose weight? The answer is that we are often not realistic about the way we go about reaching this goal.

"A resolution is a false promise we make to ourselves once a year to make ourselves feel less guilty about how we've managed our health ... finances ... relationships and so forth," declares Dr. Sanford Siegal, D.O., M.D., best known for the internationally popular Dr. Siegal's Cookie Diet Weight Loss System. He goes on to point out three reasons why weight loss resolutions fail: "1) their goals are [often] unattainable (any diet that claims that you can lose more than twelve pounds per month should be avoided); 2) they are simply too hungry to stick to their diet and; 3) the diet they've chosen produces such slow weight loss that they lose their motivation."

"Rather than harnessing yourself with a laundry list of bad habits, choose just one [goal] that you truly want to achieve in this lifetime and focus all of your attention on the one [goal]," according to Kim Simpson in the article 69 Do's and Don'ts for Successful New Year Resolutions, which was published on ezinearticles.com. We often have a goal without a plan as to how we are going to pragmatically achieve this goal. My suggestion is this: first decide how much weight you want to lose and how much allotted time you hope to reach it

by. Then decide what you are willing to do during that time to make your goal accessible. For example, for me, I know that I have set a goal for myself to lose 10 pounds in one month. I have set a plan to work out at least three times a week, replace breakfast and lunch with a meal replacement drink and a sensible dinner no later than 7 p.m. Typically, you should eat three hours before you have to go to bed. I've also decided to go for a walk after dinner to burn calories and tire myself so that I can get a good night's sleep and have my metabolism high enough to melt calories off my blossoming derriere while I sleep.

Most of us who are overweight start out by hating our bodies but yet expect it to cooperate with us when we try to lose weight. Well I have news for you. It doesn't work that way. Your body is keenly aware of your disgust and utter hatred for it. You won't be able to trick it into thinking that you love it when you really don't. Basically, you have no other choice but to make friends with your thunder thighs and love handles if you expect it to cooperate with your weight loss regimen. You must learn to love what you've got to start with before you can expect it to work cohesively with you on any level. I know that this may sound silly but try walking around naked in your home, hopefully when no one else is there if that makes you more comfortable. By doing this, you are learning to be comfortable naked. I know it will be difficult at first because I've done it and it took me a long time before I began to get comfortable myself. I believe by walking around naked, you are communicating to your body that you are not ashamed of it, that you love it just as it is right now. Soon, you will be able to be naked around your roman-

tic partner without having to hide under the covers or turning off the light during sexual intimacy.

The other "love ritual" I suggest that you do for your body is stand nude in front of a mirror and allow your eyes to explore every inch of your body. At first you will be tempted to look away and find fault in every crevice of your body, however, you must try to resist that urge and over time, you will become increasingly more comfortable with yourself. Fundamentally, my point is this: if you are unable to bestow upon yourself love and respect, how can you then expect someone else to give you something that you are either unwilling or unable to give to yourself? As Whitney Houston has sung many times over: "learning to love yourself is the greatest love of all."

So, stand in front of a mirror and proclaim to yourself "I am fabulous and lovable, thin or fat, housed or homeless!" Don't fall prey to what the media and popular culture tell you what you should or should not look like or your value as a human being based on your socio-economic standing. Try to overcome your most ferocious critic of all time: yourself. A Happy New Year hopefully means a Happy New You!

Jacques Fleury's book: "Sparks in the Dark: A Lighter Shade of Blue, A Poetic Memoir" about life in Haiti & America was featured in the Boston Globe. Sample or buy the book at: www.lulu.com. 20% of proceeds will go to Haiti charity Partners in Health. For personal appearances or comments contact Jacques at: haitianfirefly@gmail.com.

September 17, 2003

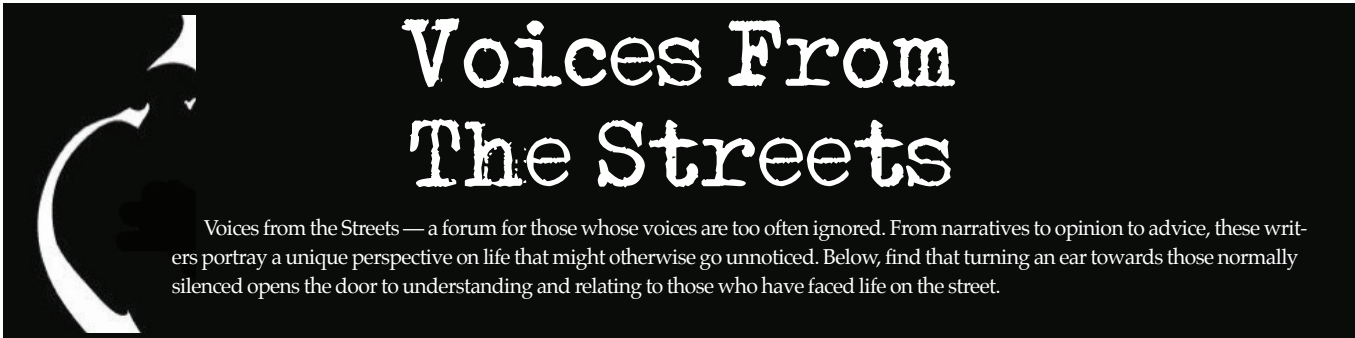
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In The Line Of Fire



Marc D. Goldfinger
Spare Change News

I knew Dominic Cinelli. You must have read his name at least a dozen times since Christmas weekend. He's the guy who killed John "Jack" Macguire, a Woburn police officer, age 60, a good cop. I never thought I'd feel sorry for a police officer, but my heart goes out to Officer Macguire and his family.

Like I said, I knew Dominic Cinelli. He used to cut my hair while I was incarcerated in the Worcester House of Correction in 1982/83. I read about his furlough escape and the other escape, after he was given another life sentence. He made a fake gun out of cardboard and took the officer's real gun, ran out of the hospital, (he complained of chest pains after he was sentenced) and jacked a car, leg chains on and all.

About ten days later they found him drinking coffee in between heists. Let's see, he stabbed a guy in the chest as a teenager, shot a security guard in the chest while he was out on furlough, took a hostage once during a robbery, was serving three life sentences, that's three life sentences, and he still made parole!

Who was paying attention to reality here? Now, the shame of it all is that other guys serving time who are up for parole and deserve a chance, will be denied it because of the Cinelli backlash that is taking place. I already read, in the Boston Herald, that the system yanked back seven "killers" who were doing work release and living without trouble in pre-release centers — yanked them right back into "higher custody without prejudice", and I quote the DOC spokeswoman Diane Wiffin.

Dominic wasn't in those pre-release centers, to my knowledge, he just went out from "higher custody" to the streets. Like I said, I knew Dominic Cinelli, and I knew that, like me back then, he wanted to get out and shoot some dope.

The difference between us was that I was non-violent and had no desire to carry a gun. The only thing I wanted to shoot was myself, with a needle and syringe. I had a girlfriend once who was always trying to talk me into doing armed robberies whenever things got financially tight. They always do from time to time, when you are shooting heroin.

I told her that if she wanted someone who did armed robberies, she'd better find herself another dope fiend who would do that. And she did. My heart was broken for a while, but I felt that I was far better off, and besides, I had my main squeeze. They used to call it the "boy" when I was shooting — heroin beat any girl I ever had back in the day.

Like I said before, Dominic Cinelli used to cut my hair

in prison. Actually, he cut every inmate's hair that wanted a good haircut. Dominic was a great barber. He could have made a good living cutting and styling hair if he had chosen to do that. He had a gift for it.

Unfortunately, heroin took away his gift. That's what heroin does. It brings out the worst in us. Dominic had violent tendencies. The heroin didn't put those tendencies there, but he used those tendencies to get money to get heroin.

Most heroin addicts are not violent. Some deal to get their drugs, some shop-lift, some burglarize houses or stores. Some heroin addicts become armed robbers. Unfortunately, if you carry a gun and choose to point it at someone, eventually you will pull the trigger. Especially if you are emotionally unstable.

Dominic Cinelli was emotionally unstable and had a hunger for heroin, and, as he described it in his parole hearing, "there's an ugliness in me that I have to control." Right after Christmas that ugliness reared it's head and Dominic Cinelli, during a jewelry store robbery, engaged in a shoot-out with a police officer who had never before pulled his gun in the line of duty.

They both died. The day after Christmas, John "Jack" Maguire, doing his work just as he always did, was shot to death by a man who didn't value life. An entire family was faced with a terrible loss and a good man was sent to his death because he was dedicated to his job.

Unfortunately, many convicts who have reformed and deserve parole may not get parole because of the act of a convict who didn't value anyone's life, not even his own. When a stone is thrown into a placid pond, the ripples roll out and the whole ecosystem is affected.

Dominic Cinelli, out on parole, fired his gun in the commission of a crime and a family has suffered a great loss. John "Jack" Maguire's wife and children have had their lives torn. An entire community is bereft.

Seven men, that we know of, have been taken from work release and halfway houses and sent back to prison. An entire Parole Board has their judgment in doubt. What good can come of this event?

This I cannot say because the darkness is so overwhelming. It is time for cooler heads to prevail; a time to think and plan. What the Parole Board failed to consider was the continuous pattern of violence that ran through Dominic Cinelli's life. This was not one isolated incident.

Let us learn from this terrible tragedy. It is time for parole boards to study patterns of action in the lives of the men and women that they must judge. It is a grave responsibility to decide the future of a person's life. So much must be taken into consideration. No one can predict the future acts of any man or woman.

GOLDFINGER continued on next page

tales from the curb

Homeless Again



James Shearer
Spare Change News

I really don't like putting my personal life on display, but I am, to show how suddenly even the so-called mighty can fall. For me the holidays sucked, right around Christmas my partner of 11 years and I split. I won't bore you with details, just know it's something I should have seen coming. The signs were all there, I just ignored them. After all the tears and anger passed, it suddenly dawned on me that I was going to have to leave, it's her place not mine.

I guess in hindsight I should have had my own, but then again I've never been a great hindsight person, I prefer to move forward. So as a result I will be homeless again. Over the years I have seen many people climb out of homelessness only to be pulled back into it. I've seen the mind numbing dread that comes with the realization that they will have to go back into a shelter and work their way back up. I thought I would never have to face that again. Then there are the questions, you? Why? what happened? Truth is, I don't know, it just did, and that's the way it is folks, homelessness happens. It isn't planned or well thought out, it is what it is. I am thinking about how long it will take to overcome this, do I even have the energy? Or the resolve?

I could always take the easy way out; my ex has asked me to stay until I get my own place, but I don't want pity because I don't want to be a charity case. My son and daughter could take me in, but they are going through stuff too. The last thing they need is their father hanging around. Besides, I'm still too young to rely on my children, I have connections and I have reached out to them, but I want to earn my way like everyone else.

I guess I sound down and I am. I know deep down I will get through this, but when you're in the thick of it, well, you know. But My drive will keep me going if nothing else, my only fear is my resolve at some point and the drive will pass, and then frustration will kick in. But I will have to keep going.

Will I be able to write and keep my responsibilities with SCN, yes, I was homeless when this all began nearly 19 years ago, there's no reason I can't do it again. The light at the end of the tunnel is that the shelter system has changed much since the last time I was out there, so maybe this won't last long.

I've also learned a lesson, no matter how strong your relationship seems, always have a back-up plan. I used to live by that rule, but then I got comfortable. Too comfortable, That won't happen again. Remember folks, homelessness can happen to any of us, and once you get out of it there is no guarantee it won't happen again. Stay vigilant and wish me luck.

Letters to the editor

Dear Mr. Sennott

I am a very devout Christian who believes in supporting and giving to the homeless in any way I can. I have also been homeless and have lived in poverty under atrocious conditions due to having a chronic illness combined with having been repeatedly exploited and made to suffer serious hardship and sorrow. I give to the homeless because it's a radical part of my faith, and I feel heartbroken knowing first hand what they go through.

I am not a wealthy person. I live only on disability income, which is never enough to meet basic monthly needs. But I gave \$20 for a recent issue

of Spare Change, and when I saw the comic strip on page two, I felt heartbroken in a totally different way. I no longer support your organization (HEP) now that I understand you support the Obama-nation (abomination) of the shift into socialism that our beautiful nation is being helplessly thrown into by the deceivers who run our country.

Then I understood why the man I gave my \$20 to responded with a kind hug "for Obama." At that moment I had believed that it was just his personal belief rather than HEP's. Now I get the picture.

There is nothing more dangerous than the loss of our rights and freedoms,

and I want nothing to do with the creation of that machine.

From now on I will minister directly to those in need, and support church ministries who help the homeless.

God gave us the Promised Land to be a light to [the] world. Someday Jesus will return and restore the free land that God wants for His people, and undo the horror of the police state that is soon to come. There are many solutions to problems, because the natural state of a free land is abundance. More money and more power to the top is what topples our "We the People" birthright which the "poor huddled masses" come here for. Now it is taxing and breaking

the backs of their next generation--taxing and wasting to build an evil empire and a populace enslaved and beholden to the dictates of cruel dictators for their next meal.

- Camille A. Piona

Dear Spare Change News Editor

I grew up in a 4 newspaper family. Washington Post in the morning, Washington Star in the evening — plus Town Weekly and Religious Weekly.

Spare Change reads more like those newspapers of old. A real newspaper. Keep up the good work.

- George Carrette

Broken Lives

Robert L. Karash

Spare Change News

It's very hard to imagine how and why people's lives get broken -- let alone their hearts getting broken, which may be a prerequisite to it all anyway.

But people's lives do get broken, and it seems there's no getting back to where they once were as happy people involved in our world.

We can see the homeless, the poor, the afflicted, and so many other populations of our modern world just left in their misery alone and unaided.

It seems as if there is no one to help out downtrodden people anymore. Corporate charities are not getting much through to them. It would appear that all donations get eaten up in administrative costs of charity organizations. People have also become calloused in their attitudes towards the downtrodden.

One guess is that it's because we just can't imagine that kind of bad luck happening to us. It's as if there's a suit of armor and we are within it.

As a possible result of the tenuous nature of the nuclear family and the decrease of friendly neighborhoods, unfortunate people are falling off

the radar.

At that point, public institutions take over. And there is a profound difference between a government bureaucracy and a real human helping hand.

Surely, most broken lives can be repaired with some love and help from others, and a welcoming back into the human family.

But such behaviour is in scarce quantities these days, it would seem.

One is reminded of Charles Dickens' "Christmas Carol", wherein people ask Scrooge for some money to help the poor. Scrooge snaps back, asking if there are no workhouses, prisons, treadmills or Poor Law for such people. That's terribly cold for human nature, and the whole point and message to take home from Dickens' story. We can't ignore the sad plight of other people with impunity. We must have hands-on help. Scrooge was finally convinced to help others, through his three spiritual and ghostly phases of past, present and future.

In the story, Scrooge is also shown two representative figures: Ignorance and Want. The Spirit of Christmas recants Scrooge's words about workhouses and warns him not to doom such unfortunates.

Downtrodden people are a reflection

of us and our society. They should never be allowed to sink so far if we are paying attention. If they exist, it is, to a great extent, also our fault.

If we consider the mentally ill and the state hospital wherein they are warehoused, we get into a moral quandary. Some people cannot be easily slipped into the general population without tremendous help. Some will never be able to be mainstreamed at all due to their profound illness. But that is a very complicated issue.

Most people can rejoin society if they are helped effectively. And money is not the answer. Not even simply a place to live is the answer. Full reintegration is the only answer. Everyone needs an appropriate job, a domicile, and a supportive social network and environment. Employers need people who truly care and don't simply punch out of the company clock at the stroke of 5 p.m.

Helping to repair our moral universe is a resonating call to us all. We all should feel the moral and social symmetry and mutual responsibility of "there but for the grace of God go I."

Eventually, dust swept under the rug forms bulges. We trip over them, and eventually learn to not sweep dust under the rug.

"Speaking in Silence" is a book of essays by profound and spiritual thinkers, edited by Susan Walker. It contains a beautiful piece of calligraphy by His Eminence the Tai Situpa Rinpoche, titled "The Four Immeasurable Thoughts." They are loving-kindness, compassion, joy, and impartiality. And these are followed by the words, "may these four bring peace to the world."

One also remembers the profoundly important words of Thomas a Kempis in his "Imitation of Christ":

"Know for certain that thou oughtest to lead a dying life. And the more a man dieth to himself, so much the more a man begin to live unto God. No man is fit to comprehend heavenly things unless he submit himself to the bearing of adversities ... "

And one also recalls a beautiful quote from the 1989 book "Seat of the Soul", by Gary Zukav, in which it is said:

"Every experience, and every change in your experience, reflects an intention. An intention is not only a desire. It is the use of your will."

We are being implored to spring into action.

continued from previous page

What can be done is to study the pattern of their lives and then, to make a learned decision based not just on one act, but to look at the life in it's entirety and then choose. There are people in prison who, by their actions, have shown that it is time to let them go free.

At a time of tragedy, when emotions run hot, we cannot let ourselves lose sight of the larger picture. The Maguire family and the town of Woburn has suffered a grievous loss. We mourn and then, slowly, gently, we all gather ourselves to the best of our abilities and learn from this tragic event.

If someone, thirty years ago, had said

that my heart would go out to a police officer, his family, and his fellow policemen, I could not have imagined it. But it has happened. My feelings about this, the fact that I mourn with the police, shows me how much I have changed. I know that, for others, there is the hope of recovery.

I only pray that, from this event, good

decisions are made and the heat of the horror doesn't char our hearts. Officer Maguire, I salute you.

Marc D. Goldfinger is a formerly homeless vendor who is now housed. He can be reached at junkietroll@yahoo.com

HORENSTEIN *continued on page 4*

me to an area where I realized no one is better than anyone else.

CH: *Do the homeless inspire your work in any way? Are you trying to reach them in your work in any way?*

EPM: My work is reaching out to the homeless on a level as to encourage them. I feel that I am an example of [the]homeless population — a positive role model in terms of letting homeless people know they can be successful. If I can do it, anyone else can do it. Never give up, that’s my message.

A lot of people really respect me on the streets for what I’m doing. I get a lot of love from the homeless around the country. I keep telling them that someone will hear them one day.

CH: *In an interview with Mary Ellen Wood of KSER Radio, you mentioned the importance of knowing various “classes” of homeless people. Upper, middle, lower class.*

Could you elaborate on what those are, and why the distinction is important to you?

EPM: There are three different classes of homeless: upper, middle, lower. Upper is the individual where he or she wants to get into mainstream society and be a citizen. Lower is someone who doesn’t want to make it back to mainstream, and is content living the life of a homeless. Middle is sort of caught in the middle.

Most people classify all homeless people in the lower class — the kind that have no dreams, no goals. And Eric “Protein” Moseley is here to change that.

CH: *Talk more about “stereotyping” homeless people.*

EPM: I compare stereotyping a homeless person to stereotyping anyone. Race, gender, all that.

Extortion, drugs, murders, most of the violent crimes are coming from people who are not homeless. And you wouldn’t want anyone to say “Hey

you’re not homeless, so you’re like these people.” You shouldn’t look down on all homeless people in the same way.

The lower class homeless have no morals, no values. They don’t really care about anything. And [it]is making it bad for other people. Sometimes I get mad at lower class homeless people myself, to be honest. Some of them really don’t care. A lot of the homeless class are veterans or people who should be in hospitals and people who have been rejected from society. They’re suffering from drug abuse and immorality and negative things. And they don’t think they can shake it off. It’s more of the attitude and not knowing any better. A lot of it comes from home training. A lot of people are mad at the world. Themselves, society, the whole world.

There are all kinds of life in the homeless community, just like there are all kinds in any other community. You can see homeless people every day with great vocabulary and great hygiene, and you’d never know. Not every homeless

person is a bum. You have a lot of them who are spiritual and educated, and who are very loving people.

It’s like society wants us to be on alert to homeless people. They have no idea that we’re not all like that. You walk by a street, afraid of the homeless man next to you, but he’s not thinking about you. He just wants to cash in some cans for three or four dollars. Most of even the lower class homeless wouldn’t hurt a fly.

CH: *We’re almost out of time. Anything else you have to say to the homeless community, or Spare Change News in general?*

EPM: I want to say that I compare homelessness to guarding Ray Allen (of the Boston Celtics). He’s gonna run you all night long. Ray Allen is the type of guy that’s going to make you run. As soon as you get on one side of him, he’s somewhere else. You have to be in good shape. If you’re not in good shape, you get embarrassed really quickly.

CUNNINGHAM *continued from page 3*

her family just after her father died. Her father lived long enough to see her really turn her life around. She always talked about him, how he was a self made man and had built up his businesses. She was very proud of him and by the end he was very proud of her. It’s just such a tragedy.”

Lauren Cordick (Executive Director of Solutions at Work):

She was just tremendously dedicated to helping homeless and low income people achieve self sufficiency, which is Solutions at Work’s mission. She was really really good at inspiring people to support Solutions — whether that was an organization, or an individual. She was very willing to share her personality and experiences with homelessness. Not everyone is willing to share their story this way. She realized that by doing so she could help others and dispel myths.

She was both very strong and very vulnerable. She was very willing to be vulnerable. Very open about her life experiences. She held herself and everyone she worked with to very high standards.

She was fiercely loyal to her crew. She was a tough manager in the sense that she held her team members to very high standards. She had very high expectations of herself and everyone she worked with. I know that a lot of people she worked with viewed that as a vote of confidence. Barbara believed that we

could achieve great things so long as we stayed focused and together. She really saw the big picture. She managed one of our programs but really had the best interests of the entire organization in mind. Recently she came out to an event in Harvard Square and stood in the cold for two hours to talk about the organization. I didn’t ask her to do that, but she switched her schedule around and came out anyways.”

TJ Travian (Former Employee, Current Manager at “Moving Up):

“She was a real good friend of mine. She hired me four years ago to do moving jobs and she gave me a chance because at the time I was homeless. She was giving me time so I could have some money in my pocket. By giving me responsibility, doing things on my own, I got my own place, got back with my family. She became a friend; she confided in me, I confided in her. She was a great boss, strong-willed. We would argue, but she was more than just a boss. We would get into stupid arguments. We wouldn’t talk for a week then next thing you know we were outside the office having a cigarette with everything back to normal.

She would always invite me to come spend time with her family because my family isn’t around. She said I was always welcome in her home because we were family; that meant a lot to me. She did so much to help people just in general. She had been in some dire situations herself, so she knows where

they’re coming from. When people found out she passed away dozens of people called just to give their condolences because she helped them so much. People would call and I would tell them she passed away and people are so shocked because she helped them so much.”

These statements from so many different perspectives are a testament to the spirit and character of Barbara Lanum, a truly remarkable person. She was also a loving mother and grandmother, and leaves behind four children and three grandchildren.

In Barbara’s memory, contributions may be directed to: Solutions at Work, 1151 Massachusetts Avenue,

Cambridge, Massachusetts.

Seble W. Argaw (from Adbar Ethiopian Women’s Alliance)

I remember Barbara when she first came to Solutions at work, she was a bit laid back and uncomfortable with her surroundings but shortly after, she became a very assertive, self assured and energetic woman.

Above all, she literally transformed Solution’s moving –up program to a more dynamic and vibrant program. I truly miss her daily presence at her desk or outside smoking her cigarette.

Comments,
Questions,
Story Ideas?

Send a letter to the editor
editor@sparechangenews.net

Helping Hands

Cambridge and Boston are teeming with organizations ready to provide food and services to the homeless and the needy. If you're in need, they're there for you. If you can volunteer or donate, most of them could use your help.

Food

DAILY MEALS:

Boston Rescue Mission
39 Kingston ST., Boston
Community meals: 3pm weekdays, and 5pm Sundays
(no Saturdays).

Pine Street Inn
444 Harrison Ave., Boston, 617-482-4944
Breakfast: 6 a.m.; brown bag lunches during the day;
Dinner: 5 p.m.; Chicken truck: 11:30 a.m.

Rosie's Place (women & children only, no boys over age 11)
889 Harrison Ave., Boston, 617-442-9322
Lunch: 11:30 a.m. – 1 p.m.; Dinner: 4:30 p.m. – 7 p.m.
St. Francis House

39 Boylston St., Boston, 617-542-4211
Breakfast: 7:30 a.m. – 9 a.m.; Lunch: 11:30 a.m. – 1 p.m.
Emergency sandwiches: Weekdays 2:45 p.m. – 3 p.m.
Salvation Army 402 Mass. Ave., Cambridge, 617-547-3400
Lunch: 12 p.m.

Women's Lunch Place (women & children only, no boys over age 14, male presence discouraged)
67 Newbury St., Boston., 617-267-0200
Open Mon. – Sat., 7 a.m. – 2p.m.
www.womenslunchplace.org

WEEKLY MEALS

Monday:

Boston Rescue Mission
39 Kingston St., Boston
Food pantry: 9-11am (except holidays). Bring proof
of address.
Church of the Holy Resurrection
64 Harvard Ave., Allston, 617-787-7625
6 p.m. – 7 p.m. and take-out.
Mass. Ave. Baptist Church. 146 Hampshire St., Cambridge,
617-868-4853. 6 p.m. – 7:30 p.m.

Tuesday:

Church of the Advent
30 Brimmer St., Boston, 617-523-2377 6 p.m.
First Parish Unitarian Church
3 Church St., Cambridge, 617-876-7772
6 p.m. – 7 p.m. (doors open at 5:30 p.m.)
Faith Kitchen, Faith Lutheran Church
3311 Broadway, Cambridge, 617-354-0414
6:30 p.m. (second & last Tuesday of every month)

Wednesday:

Salvation Army 402 Mass. Ave., Cambridge,
617-547-3400 5 p.m. – 6 p.m.

Thursday:

*Christ Church, Zero Garden St. Cambridge,
617-876-0200 6 p.m. St. James Church
1991 Mass. Ave, Cambridge
The Women's Meal (Women and children welcome)
5 p.m. – 7 p.m. (food pantry 3 days/week)
Union Baptist Church
874 Main St., Cambridge, 617-864-6885. 5 p.m.*

Friday:

Arlington St. Church
351 Boylston St., Boston, 617-536-7050 5 p.m.
Food Not Bombs
Boston Common (near Park St. T station), 617-522-8277
3 p.m. – 5 p.m.
Mass. Ave. Baptist Church. 146 Hampshire St., Cambridge,
617-868-4853 6 p.m. – 7:30 p.m.

Saturday:

Pilgrim Church 540 Columbia Rd, Dorchester
approx 8:45 (Boston Commons, near fountain)
 We serve soup, pasta, coffee, juice, pastries, sandwiches,
 and clothing once a month.

12-1:30 pm
We offer a free community lunch, it is a cafe style, and we serve the guests, no standing in line. The meals are hot and made with love by our very talented chef

Sunday:

Food Not Bombs. 955 Mass Ave (617) 787-3436

FOOD ASSISTANCE

Greater Boston Food Bank, 617-427-5200
Serves non-profit organizations such as
agencies, shelters, etc.
Office hours: 8 a.m. -- 4:30 p.m.
Project Bread • 617-723-5000; Hotline 1-800-645-8333
Referrals to food pantries throughout the city
Somerville Food Pantry • 617-776-7687
Food pantry: Mon, Tue, Fri 10 a.m. -- 2 p.m.; Wed 12 p.m.
-- 4 p.m.; Thu 1 p.m. -- 4 p.m.
Somerville residents only. Those unable to use other pan-
tries due to disability may call and ask for the Project Soup
Delivery Coordinator.

Brookline Food Pantry
15 St. Paul St., Brookline, 617-566-4953
Tues. & Thurs. 10 a.m. – 2 p.m., Sat. 2 p.m. – 4 p.m.
Brookline residents only. Second-time visitors must present a letter from an advocate confirming that they are in need of food services.
CEOC (Cambridge Economic Opportunity Commission)
11 Inman St. (basement), Cambridge, 617-868-2900
Food pantry: Mon, Wed 4 p.m. – 6 p.m.; Tue 12 p.m. – 2 p.m.; Thu 11 a.m. – 1 p.m.; Closed Fri.
East End House
105 Spring St., Cambridge, 617-876-4444
Food pantry: Tue 9 a.m. – 2 p.m.; Fri 9 a.m. – 12 p.m.
Offers assistance in filling out food stamp applications (call for appointment).

Margaret Fuller Houses
71 Cherry St., Cambridge, 617-547-4680
Food pantry: Wed. 5 p.m. – 7 p.m.; Thurs. 9 a.m. – 12 p.m.
& 6 p.m. – 7:30 p.m.; Fri & Sat 9 a.m. – 12 p.m.
Pentecostal Tabernacle Church • 617-661-0222
Food pantry by appointment only; no deliveries or walk-
ins; referrals to other food pantries
Salvation Army
402 Massachusetts Ave., Cambridge, 617-547-3400
Cambridge and Somerville residents only.
Food pantry: 9 a.m. – 3 p.m. & by appointment
St. Francis House
39 Boylston St., Boston, 617-542-4211
Food pantry: Mon. – Fri. 10 a.m. – 11 a.m.
Sign up at the Counseling Desk in the St. Francis House
Day Center
St. James Church
1191 Mass. Ave, Cambridge
Food pantry: Tues. 6 p.m. – 8 p.m.; Thurs. 11 a.m. - 12 p.m.;
Sat. 10 a.m. – 12 p.m.

St. Paul's Ame Church
85 Bishop Allen Drive, Cambridge, 617-661-1110
Food pantry: Wed. 12 p.m. -- 2 p.m.; Sat. 10 a.m. -- 12 p.m.
Western Ave. Baptist Church
299 Western Ave., Cambridge, 617-661-0433
Food pantry: Every second Wed., 10 a.m.
Zinberg Clinic Pantry at Cambridge Hospital 617-665-1606
For clinic patients with HIV / AIDS only.
Food pantry: Mon. -- Fri. 9 a.m. -- 5 p.m.
Fair Foods \$2 a bag;
CAMBRIDGE, St. Paul's Church
29 Mt. Auburn St
Harvard Sq. Red Line
Saturdays 10-11
SOMERVILLE, Cobble Hill Apts
84 Washington St. Back parking lot (near Sullivan Sq.)
Every other Wed. 11:30-1
Mt. Pleasant Apts. 70 Perkins St. (off Broadway)
Every other Wed. 1:30 - 2:30
Hearty Meals for All
Somerville Community Baptist Church
31 College Ave. Somerville, MA 02144
Free Community Meals the second Friday of every month
at 6:30pm
Robert Sondak:
Spare Change News Vendor / writer is running a food
workshop series; Harvest Coop Markets. 581 Mass. Ave.,
Cambridge, MA 02139.617-661-1580. Tuesday December 7,
6 to 8pm. 2n floor Community Room. Located right above
deli department. Free. Overview-discussion of diabetes
and review type 1 and type 2 diabetes.

Homeless Concerns

The Women's Center
46 Pleasant St., Cambridge, 617-354-8807
Computers, kitchen, space, children's room, and more.
Walk-ins welcome.
Women & children only (no boys over age 12)
Hours: Mon-Fri 10am-8pm, Sat 10am-3pm.

Cambridge Multi-Service Center
19 Brookline St., Cambridge, 617-349-6340
City-run agency with additional community non-profit partners. Works with Cambridge families in shelters, provides shelter referrals and other housing assistance. Employs housing specialists for elderly and disabled.
Office hours: Mon. 8:30 a.m. – 8 p.m.; Tue., Wed., Thu. 8:30 a.m. – 5 p.m.; Fri. 8:30 a.m. – 12 p.m. Walk-ins accepted.
Cardinal Medeiros Center
25 Isabella St., Boston, 617-619-6960
Day center for homeless adults (50 years & older); mental health & nursing staff; help with housing searches.
Lunch served at 11:45 a.m.
Office hours: Mon. - Thu. 9 a.m. - 4 p.m.; Fri. 9 a.m. - 3 p.m.
Caspar
240 Albany St., Cambridge, 617-661-0600
Open 24 hrs / day; emergency shelter open 4:30 p.m. – 8 a.m.; Clients who leave in the morning may not return until 3 p.m.; Clients staying multiple nights must prove recent local residency.

CLASP (Community Legal Assistance Services Project)
19 Brookline St., Cambridge, 617-552-0623
Free legal clinic for Cambridge homeless at the Multi-Service Center every Tuesday at 8:30 a.m.

Ecclesia Ministries
67 Newbury Street, Boston., 617-552-0623
Weekly Schedule for the Common Cathedral:

Sunday
- Worship at Brewer's Fountain on Boston Common, 1 pm
- Gospel Reflection at St. Paul's Cathedral, 138 Tremont St., 2:30 p.m. – 4 p.m.

Monday
- Lunch at Sproat Hall (St. Paul's Cathedral) 11:30 a.m. – 1 p.m.
- Eucharist & Healing (St. Paul's Cathedral) 1 p.m.
- Common Fellowship in Sproat Hall (St. Paul's Cathedral) 2 p.m. – 3 p.m.

Wednesday
- Common Art at the Emmanuel Church, 15 Newbury Street, 10 a.m. – 3 p.m.

Friday
- Common Cinema in Sproat Hall (St. Paul's Cathedral)
2:30 p.m. – 5 p.m.

Horizons for Homeless Children
617-445-1480; www.horizonsforhomelesschildren.org
Horizons for Homeless Children is seeking volunteers to interact and play with children living in family, teen parent, and domestic violence shelters in Greater Boston. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. A commitment of 2 hours a week for 6 months is required. The next training session will be Sat., Sept. 27, 9:30 a.m. – 4:30 p.m.

Medical Walk-in Unit at Mass General Hospital
617-726-2707
Provides minor medical care for adults. Patients are seen in order of arrival. MGH accepts most insurances but requires copayments.
Hours: Mon.-Fri. 8:30 a.m.-8 p.m.; Sat., Sun., Holidays 9:30 a.m.-4 p.m.; closed Thanksgiving & Christmas
Boston Rescue Mission
39 Kingston ST., Boston
Safe & Healthy men's overnight shelter program.

Rosie's Place
889 Harrison Ave., Boston, 617-442-9322
Women and children only (no boys over age 11)
Open 7 days a week; provides help with housing, medical care, job training, financial aid and education, legal services, rape crisis counselors, health specialists, and more.
St. Francis House
39 Boylston Street, Boston, 617-542-4211
Meals offered 365 days/yr.; food pantry open weekdays.
Offers a mailroom, open art studio, clothing lottery, computer library, support groups such as AA, showers, telephones, toothbrushes & razors, medical clinic, counseling & mental health services, housing counseling & stabilization services, & a women's center.
For more details on these services and for their specific times visit www.stfranchishouse.org
Starlight Ministries. 617-262-4567
Outreach van with food, clothing, blankets and worship
Hours: Wed. 8 p.m. by Park Street T station on the Boston Common.
Streetlight Outreach
Wednesdays at 8:00 PM
Harvard T-Station (The Pit); Porter Square T-Station
Volunteers work weekly to serve the homeless who live in Harvard and Porter Squares. Volunteer teams give away warm food and beverages, clothing and counsel to those in need. Streetlight volunteers also lead an outdoor worship service for the entire community.

The Women's Center
46 Pleasant St., Cambridge, 617-354-8807
Computers, kitchen and rooms. Walk-ins welcome.
Women & children only (no boys over age 16).
Hours: Mon-Fri 10 a.m.– 8 p.m., Sat 10 a.m. – 3 p.m.
On The Rise
341 Broadway, Cambridge, 617-497-7968
Women only. Home-base during the day and advocacy services. Open six days / week. First-time visitors, call ahead or stop by Mon-Sat, 8-2pm.

The Outdoor Church of Cambridge

The Outdoor Church of Cambridge is an outdoor ministry to homeless men and women in Cambridge. Prayer services and pastoral assistance outdoors in all seasons and all weather. Short prayer services in Porter Square, under the mobile sculpture near the T station, at 9:00 AM and on the Cambridge Common, near the tall Civil War monument and directly across from Christ Church Cambridge on Garden Street, at 1:00 PM every Sunday, throughout the year. Sandwiches, pastry, juice and clean white socks available in Harvard Square and Central Square. (978)456-00047, 39 Brown Road, Harvard, Massachusetts 01451
jedmannis@charter.net; www.theoutdoorchurch.net.

Victory Programs, Inc.
www.vpi.org. Short and long-term residential substance use
disorder treatment programs for individuals and families;
affordable housing opportunities for eligible individuals;
HIV / AIDS case management. Sites throughout Boston
Please call for more information. (617) 541-0222 ext. 626

Legal Aid:
Lawyers Clearinghouse, 617-723-0885
Shelter Legal Services (Newton), 617-965-0449

The Homeless Eyecare Network of Boston (HEN-Boston) is a nonprofit organization dedicated to maintaining a constantly undated network of affordable and free eyecare services for the homeless. If you need an eye exam or glasses, please visit our website, www.hen-boston.org.

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Street _____

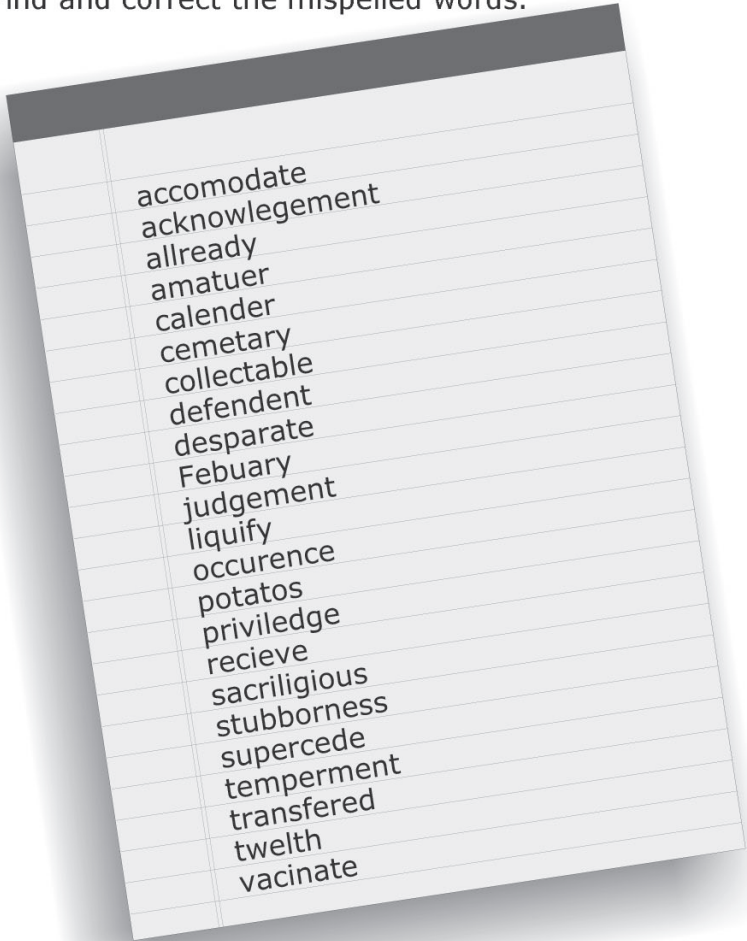
City _____ State _____ Zip _____

☐ My check or money order for \$60 made payable to Spare Change News is enclosed.

Mail to: *Spare Change News* 1151 Massachusetts Avenue, Cambridge, MA 02138

Spell Check, Please.

Find and correct the misspelled words.



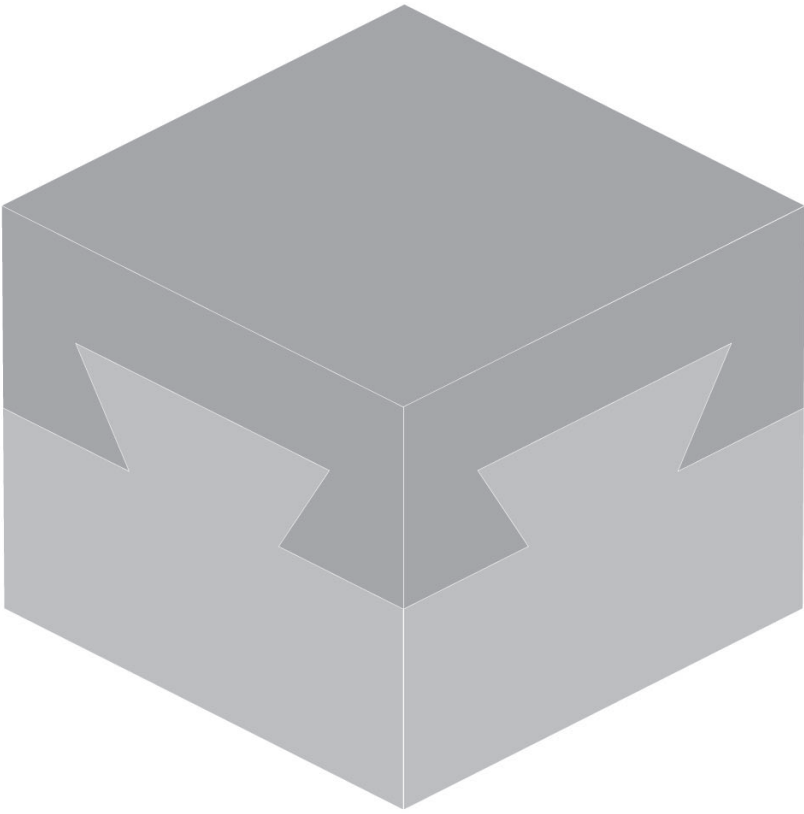
Sudoku

1			3	8		9		
	5	3				8		7
			7		2			5
6	3			7		5		
	9	1				2	8	
		2		9			7	3
8			9		3			
3		5				6	4	
		9		6	7			8

Fill in the grid so that each row, column and 3x3 box contains every number from 1 to 9.

Dovetailed

How would you separate these two blocks?



Familiar Figures

What's the meaning for each of these numbers?

3.1416 98.6
24/7 1040411
1492 9/11
50-50 86 747

Solutions to last issue's puzzles

- Arabic j

Bengali q

Chinese s

Dutch b

French c

German i

Greek r

Hawaiian h

Hebrew d

Indonesian t
- Italian e

Japanese k

Latin g

Nigerian f

Norwegian p

Polish m

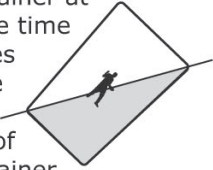
Spanish o

Swahili l

Vietnamese n

Welsh a

Simply tip the container. If the edge of the water's surface touches the lip of the container at the same time it touches the edge of the bottom of the container, then it's either half full or half empty.



9	3	8	7	1	5	2	6	4
1	4	6	8	3	2	7	9	5
2	5	7	6	4	9	3	8	1
5	1	3	2	7	8	9	4	6
8	6	4	5	9	3	1	2	7
7	2	9	1	6	4	8	5	3
3	8	2	4	5	7	6	1	9
6	7	5	9	8	1	4	3	2
4	9	1	3	2	6	5	7	8



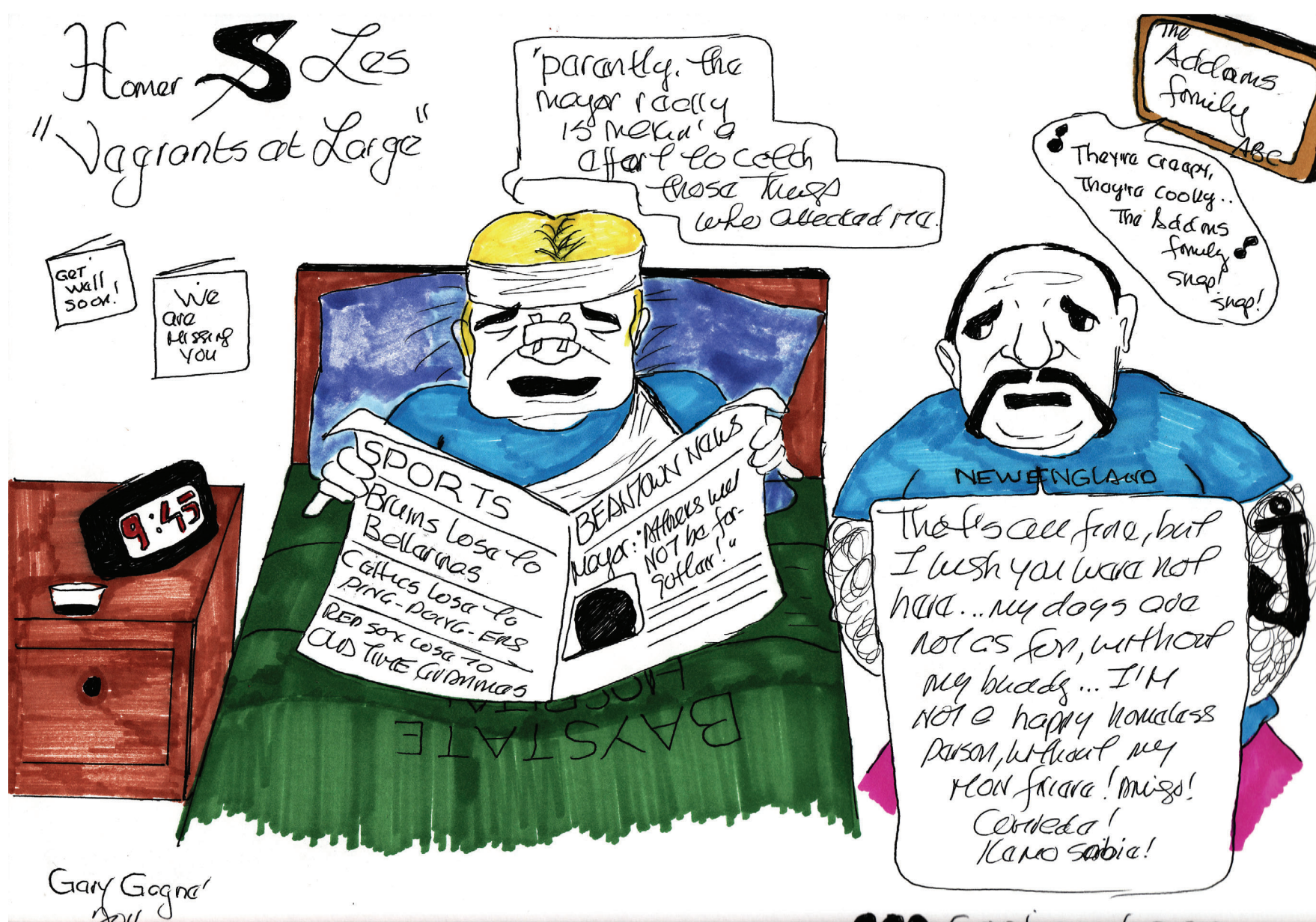
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Every day, 110 street papers like this one help homeless people worldwide to escape poverty. So far, thanks to millions of readers like you, 200,000 vendors in 40 countries have earned a living and changed their lives.

Learn more and get involved at www.street-papers.org/2010



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